



2066 West Apache Trail,
Suite 116
Apache Junction, AZ 85120
(480) 982-3118 office
(877) 982-3118 toll free

www.azlivingwellinstitute.org



Feel better.

Be in control.

**Do the things
you want to do.**

**Want to help members of
your community take
control of their health?**

Workshop Leaders needed!

**Find out more about
Healthy Living Workshops
at the Institute:
www.azlivingwellinstitute.org**

**Put Life
Back in
Your Life**



**Healthy Living:
Self-Management of Chronic
Conditions Workshop**


Put Life Back Into Your Life. Consider a Healthy Living Workshop.


Are you an adult age 60 or older with an ongoing health condition?


You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.


If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the Healthy Living Workshop can help you take charge of your life!

Sign Up Now. Spaces Are Limited.

 Join a 2 ½-hour Healthy Living Workshop, held each week for six weeks.

 Learn from trained volunteer leaders with health conditions themselves.

 Set your own goals and make a step-by-step plan to improve your health—and your life.

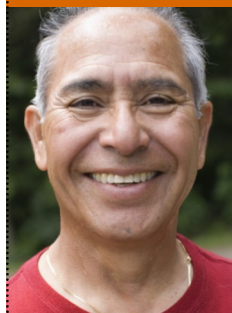
 The schedule of workshops in your area is located on the back of this brochure or visit the Institute's website for a class schedule.

"In just a few weeks, I got back to feeling better — and back to being the kind of person I like to be."



To get more information, please call:
(480) 982-3118 or (877) 982-3118

Upcoming classes in AZ are listed on the Calendar at our website:
www.azlivingwellinstitute.org



"Now I have more energy than I've had in years. I'm calmer and more confident about my health."



"The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner."